



WORKSHOPS

ART: BEAUTIFUL BOWS

Design and create beautiful bows made super easy! Unique ideas for any occasion and more! Multiple craft pieces with gorgeous ribbons will be used. You'll leave with beautiful bows that will be the envy of all! All materials provided! \$10 materials fee is due to instructor at start of workshop.

Instructor: Donna Zale

Fee: \$40.00 – 1 class session

MCC/3083.303	12 yrs – Adult	Dates	T	1:00 – 3:00 PM
MCC/3083.304	12 yrs – Adult	Dates	T	1:00 – 3:00 PM

ART: CARTOONING WORKSHOP

This fun and exciting workshop will teach character drawing and basic cartooning. Limited enrollment. A \$10.00 materials fee is payable to the instructor at the workshop. Pre-registration is required. All materials are provided. Pre-registration is required.

Instructor: Pati Kent

Fee: \$30.00/\$25.00 HBAC members –1 class session

HBAC/3238.401	7 – 12 yrs	Nov 2	M	3:30 – 5:00 PM
HBAC/3238.402	7 – 12 yrs	Dec 7	M	3:30 – 5:00 PM



ART: FACEPAINTING WORKSHOP

This fun and exciting workshop will teach character face painting and leave you ready to attend a Halloween or trick or treat party. Limited enrollment. A \$5.00 materials fee is payable to the instructor at the workshop. All materials are provided. Pre-registration is required.

Instructor: Staff

Fee: \$10.00/FREE to HBAC members
(not including materials fee) –
1 class session

HBAC/3238.401	4 yrs – Adult	Oct 31	Sa	3:30 – 5:00 PM
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ART: FRIDAY CHILDREN'S ART WORKSHOP SERIES

A variety of hands-on art workshops designed to stimulate the creative process and explore various art mediums. Walk away with a finished work! Choose all or one! \$10 materials fee payable to instructor/artist at each class. All materials provided. Pre-registration required.

Instructor: Theo Hetherington 6 – 13 yrs F 4:00 – 6:00 PM

Fee: \$25.00/\$20.00 HBAC members – 1 class session
\$65.00/\$50.00 HBAC members – 3 class sessions

HBAC/3055.401

All three workshops Oct 2, Nov 6, Dec 4

HBAC/3055.402

Oct 2

Printmaking

In this workshop, students will explore a variety of simple printmaking techniques that can also be repeated at home, such as linoleum and stamp making. Printing on paper and fabric is also explored.

HBAC/3055.403

Nov 6

Watercolor and Toner Transfers: the ground for an exciting painting

In this workshop, students will investigate different watercolor techniques, learn to use toner transfers as the base for a mixed media work on paper and go home with a finished work such as a landscape or an abstract/cartooning theme painting.

Bring fresh photocopies of high contrast images – organic shapes, foliage and architecture work well! We will also have a variety of images for you to work from.

HBAC/3055.404

Dec 4

Painting on Wood: Various Materials and Color Theory

In this workshop, students will experiment with various color relationships and create works of art with a focus on color harmony. Various materials will be used from traditional to unusual, pre-fabricated objects and others.

We will learn to sand and paint plaques to create a weathered look and then draw, paint, or collage an image of your choice to create a one-of-a-kind, do-it-yourself artwork for your home.

Parks and recreation programs
provide space to enjoy nature...



...the benefits are endless...

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WORKSHOPS



ART: SUNDAY ART WORKSHOP SERIES ON "JEWELRY"

A variety of hands-on art workshops designed to stimulate the creative process and create an area for exploration and experimentation. Walk away with a finished work in silver clay. A \$25 materials fee is payable to instructor at each workshop. All materials provided unless otherwise noted. Pre-registration required. Choose one or more.

Instructor: Verona Tang T/A Sun 1:00 – 3:00 PM

Fee: \$25.00/\$20.00 HBAC members – 1 workshop
\$65.00/\$50.00 HBAC members – 3 workshops

HBAC/3041.404

All three workshops Sep 27, Oct 18, Nov 29

HBAC/3041.401

Sep 27

Pendant Introduction

Creating your own silver jewelry by using 99.9% pure silver. At this workshop, we will be making a silver pendant by using stamps, you can also create your own design by carving or using syringe skills (if you worked with silver clay before) * Repeating students will be working on a more advanced project.

HBAC/3041.402

Oct 18

Rope Ring

In this workshop, also using 99.9% silver clay, we will learn to size a ring, as the base for perfect fitting work. Furthermore, the technique of a finished product will be covered. Bring some ideas and be ready to have fun. * Repeating students will be working on a more advanced project.

HBAC/3041.403

Nov 29

Syringe workshop

During this workshop, we will be using syringe work. (99.9% Art Silver Clay) Furthermore, we will also learn how to set a stone with syringe. By Learning to incorporate different mediums to create a modern look, and then use your imagination to create your own colorful design you will go home with a one-of-a-kind, do-it-yourself artwork.

BIRDS OF PREY

Students will be mesmerized as they get up close and personal with several species of LIVE birds of prey. Participants will get to see birds in flight. We will cover the basics of falconry, the differences and similarities of various bird species, learn amazing facts like how a bird of prey can focus on the letters of a newspaper from a mile away, and so much more. Students will have the opportunity to take pictures with the birds, so bring your camera! \$5.00 materials fee due at class.

Instructor: Ken Miknuk

Fee: \$20.00 – 1 class session

MCC/3512.301 11 yrs – Adult Nov 4 W 2:00 – 3:00 PM

BIRDS OF PREY FOR KIDS

Kids will be mesmerized as they get up close and personal with several species of LIVE birds of prey. This fascinating program is geared to entertain the younger crowd. Participants will actually get to see birds in flight. We will cover the differences and similarities of different birds of prey and cool facts like why owl feathers are so soft and so much more. Parents can participate at no extra charge and are encouraged to bring cameras to photograph students with these stunning raptors! \$5.00 materials fee due at class.

Instructor: Ken Miknuk

Fee: \$20.00 – 1 class session

MCC/3512.302 4 – 12 yrs Oct 15 Th 3:30 – 4:30 PM

FALCONRY: INTRO TO AN AGE-OLD ART

Students get up close and personal with several species of LIVE birds of prey. Participants will get to see birds in flight and will learn the basics of this 6,000-year-old art from a master falconer of 37 years. You will learn how to take a wild bird of prey and turn it into a hunting companion. We will cover history of falconry, laws, bird socialization, feeding patterns, health, training methods, equipment, free flight and hunting techniques. Students will have the opportunity to take pictures with the birds, so bring your camera! \$5.00 materials fee due at class.

Instructor: Ken Miknuk

Fee: \$30.00 – 1 class session

MCC/3512.303 4 yrs – Adult Dec 14 M 6:30 – 8:00 PM



OWLS: A CLOSE LOOK AT THESE AMAZING HUNTERS OF THE NIGHT

Students will get up close and personal with several species of LIVE owls during this amazing experience. Participants will get to see owls in flight and learn why owls are unique among other raptors. Owl pellets will be reviewed and one provided for each participant. We will cover the difference between owl myths and facts, comparison to diurnal birds, habitat and much more. Students will have the opportunity to take pictures with the birds, so bring your camera! \$10.00 materials fee due at class.

Instructor: Ken Miknuk

Fee: \$30.00 – 1 class session

MCC/3512.304 4 yrs – Adult Sep 19 Sa 9:00 – 10:00 AM

SANDS available online at
www.hbsands.org



WORKSHOPS

BEST CHEF – KID’S EDITION: “FOOD FIGHT”

Kids will love this cooking competition. Participants will be divided into two teams. Each team will prepare their version of two dishes, and then they will sample both teams’ creations and vote for the winning team. Dishes for this workshop are Burgers with all the fixins’ and Baked or Sautéed Chicken. Recipes will be provided to all participants. A \$10 materials fee is due to instructor at the workshop.

Instructor: Marieva Sciumbato

Fee: \$25.00 – 1 class session

CG/3060.401 8 – 12 yrs Oct 24 Sa 11:00 – 1:00 PM

BEST CHEF – KIDS’ EDITION: “FOOD AROUND THE WORLD”

First stop: Thailand, then off to Mexico. This workshop will travel to other parts of the world through regional cuisine. Kids will prep, cook and present their dishes. Food for this workshop includes: Ginger Chicken with Cold Sesame Noodles, Super Nachos, Corn and Black Bean Salad, and Garlicky Guacamole. Recipes will be provided to all participants. A \$10 materials fee is due to instructor at the workshop.

Instructor: Marieva Sciumbato

Fee: \$25.00 – 1 class session

CG/3225.401 8 – 12 yrs Dec 5 Sa 11:00 – 1:00 PM

COOKING: AUTHENTIC SPANISH CUISINE

You will create Spanish Cuisine and preparation techniques for; white fish in merlot sauce, baked rice with currants, chick peas, spinach empanadas, andalusian salad, chicken in almond sauce, paella, caramelized orange custard. Come hungry. A \$10 material payable to instructor during class.

Instructor: April Berg

Fee: \$35.00 – 1 class session

ECC/3521.401 13 yrs – Adult Oct 13 T 6:30 – 9:00 PM

COOKING: CALIFORNIA ROLL SUSHI WORKSHOP

Anyone seeking knowledge about sushi can join us to make Hand Rolls (Temaki) and Hand Squeezed (Nigiri) Sushi for your dinner. Get a hands-on CA Roll lesson. Hear historical story of sushi. Learn some useful Chinese numbers and characters. Dinner, recipe booklet, all ingredients and new sushi mat included. \$15 materials fee due to instructor at class.

Instructor: Jane Murata

Fee: \$45.00 – 1 class session

MCC/3021.401 T/A Oct 14 W 6:00 – 9:00 PM

MCC/3021.402 T/A Nov 18 W 6:00 – 9:00 PM

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Parks & Recreation

Parks and recreation programs create community...



...the benefits are endless

WORKSHOPS



COOKING: CLASSIC GREEK COOKING

You will learn history & techniques of Greek cuisine. Dishes we will make: baked fennel, stuffed grape leaves, Mediterranean olive bread, chicken souvlaki, artichokes lamb orzo avgolemono, kabobs & baklava. A \$10 material fee payable to instructor on the night of class.

Instructor: April Berg

Fee: \$35.00 – 1 class session

ECC/3523.401 13 yrs – Adult Sept 22 T 6:30 – 9:00 PM

COOKING: HOLIDAY APPETIZERS & DESSERTS

Join us and learn how to create appetizers and desserts that will DAZZLE and WOW your guests or hostess. We will learn planning, preparation and presentation. Come hungry!! You will take home recipes for dishes you can use through out the year. A \$10.00 material fee is payable to the instructor.

Instructor: April Berg

Fee: \$35.00 – 1 class session

ECC/3233.401 13 yrs – Adult Dec 1 T 6:30 – 9:00 PM

COOKING: HOLIDAY ENTERTAINING

How do you serve ten people or more buffet-style? Join us and you'll learn tricks of the trade in creating stylish table decor for entertaining and a fabulous meal for the holidays. Come hungry!! A \$10.00 material fee is payable to the instructor.

Instructor: April Berg

Fee: \$35.00 – 1 class session

ECC/3101.401 13 yrs – Adult Nov 3 T 6:30 – 9:00 PM

COOKING: HOMEMADE AND DELICIOUS MEALS

Leave all the planning, preparation, shopping and clean-up to me. In this class, you will assemble meals for your family (4-6 servings), take them home to your freezer, and when you are ready, follow the simple instructions and enjoy your savory meals with suggested sides. You will prepare nutritious, cost effective meals of the highest standard. *Bring a cooler to take your meals home.

Instructor: April Berg

Fee: \$18.00 – 1 class session (additional meals fee payable to instructor ranges from \$15-\$26)

MCC/3272.401 13 yrs – Adult Sep 26 Sa 9:30 AM – Noon

MCC/3272.402 13 yrs – Adult Oct 24 Sa 9:30 AM – Noon

MCC/3272.403 13 yrs – Adult Nov 21 Sa 9:30 AM – Noon

CPR – AMERICAN HEART ASSOCIATION TRAINING

Individuals will be trained to give basic life support to an adult, child and infant. Upon completion of this four-hour class, you will receive a card stating your successful completion of the course, and you will be mailed a two-year AHA CPR certificate. The Heartsaver Class is equivalent to an A/B card. A \$5.00 materials fee is payable to instructor in class.

Instructor: Lila Zimmerman

Fee: \$35.00 – 1 class session

ECC/3002.402 11 yrs – Adult Sep 26 Sa 9:00 AM – 1:00 PM

MCC/3002.403 11 yrs – Adult Sep 12 Sa 9:00 AM – 1:00 PM

ECC/3002.404 11 yrs – Adult Oct 24 Sa 9:00 AM – 1:00 PM

MCC/3002.405 11 yrs – Adult Oct 10 Sa 9:00 AM – 1:00 PM

ECC/3002.406 11 yrs – Adult Nov 21 Sa 9:00 AM – 1:00 PM

MCC/3002.407 11 yrs – Adult Nov 7 Sa 9:00 AM – 1:00 PM

MCC/3002.408 11 yrs – Adult Dec 5 Sa 9:00 AM – 1:00 PM

HOW TO HANDCRAFT A TOPIARY FRAME

Learn the techniques of how to make a topiary of your very own. In this class you will construct the topiary animal frame from head to toe, install the frame onto a plant and even get ideas on how to pose the topiary frame any way you like. So if you are looking for a new and unique hobby, and a way to enhance your garden, this is the class for you! A \$15 materials fee is payable to the instructor.

Instructor: Martha Bejarano

Fee: \$50.00 – 1 class session

CG/3112.401 Adult Nov 26 Th 6:00 – 9:00 PM

CG/3112.402 Adult Dec 10 Th 6:00 – 9:00 PM

SERIOUSLY AWESOME SITTERS

Not only will you become certified in basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter that will be asked back again and again! An additional \$30 material fee is payable to the instructor in class for training manuals, certification cards, manikins, supplies, etc. Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or teddy bear to class.

Instructor: Workshops on Wellness

Fee: \$55.00 – 1 class session

MCC/3025.401 10 yrs & up Sep 26 Sa 10:00 AM – 5:00 PM

ECC/3025.402 10 yrs & up Oct 17 Sa 10:00 AM – 5:00 PM

MCC/3025.403 10 yrs & up Nov 14 Sa 10:00 AM – 5:00 PM

Parks & Recreation

Recreation programs build family unity,
the foundation of a strong society...



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